LE CREUSET®

MINI-COCOTTE

Lissa Streeter
Loïc Nicoloso

25 recipes

MINI-COCOTTE

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Stoneware
by Le Creuset

Since 1925, Le Creuset Cast Iron Cookware has been manufactured at a foundry in the town of Fresnoy le Grand approximately 120 miles north-east of Paris. Set among rolling hills and arable landscapes, the worlds largest, and oldest, manufacturer of high quality cast iron cookware distributes Le Creuset to every corner of the globe.

One of the first cooking utensils ever produced at the foundry was called a Cocotte. It is a cast iron French oven and this shape, and indeed the name, was the pivot of what is now an extensive range of cookware. Our Stoneware Mini Cocotte is a tribute to our cast iron heritage.

Le Creuset's Stoneware cooking and baking pieces are truly an All-in-One Dish - you can bake, slice, serve and store in it. Their classic design adds a distinctive charm to any table.

Let Le Creuset bring any meal to the table in a gorgeous presentation. Le Creuset's stoneware range and the celebrated inimitable mini cocotte make any occasion feel special.

LE CREUSET®

Resistant

Safe

Practical

Durability

- Le Creuset's virtually non-porous Stoneware is fired at 1200°C, giving it unmatched strength and durability - and making it resistant to chipping, cracking, and staining.
- Suitable for use in the oven up to 260°C / 500°F & under the Grill / Broiler.

+260°C +500°F
-18°C -65°F

Ease of Handling

- Our Stoneware features sure-grip knobs, handles, and rims, to allow for easy handling and confident use.
- Totally hygienic cooking surface, and resists moisture absorption.

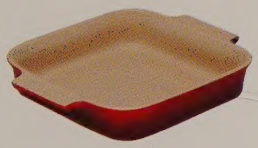
Vitreous Surface

- Each piece is easy to clean and scratch resistant so that it looks and performs wonderfully for years to come.
- Adapted to everyday cooking.
- Gentle and homogeneous baking.
- Keeps ingredients cool as well as hot.
- Microwave, Freezer and Dishwasher safe.

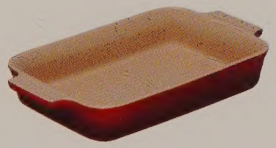
Oven | Grill / Broiler | Microwave | Freezer | Dishwasher | DO NOT use any piece on direct heat source.

LE CREUSET

LE CREUSET
stoneware range

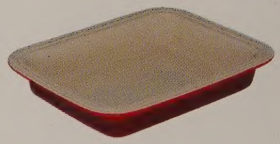


Square Dish



Rectangular Dishes

Oval Dishes



Deep Dish Casseroles

Mini Round Cocotte

Mini Oval Cocotte

Round Casserole with Lid

Ramekins

Mini Tart/Fluted Flan Dish

Tart/Fluted Flan Dish

Pie Dish

Heat Ramekin with Lid

LE CREUSET®

Mortar and Pestle

Batter Bowl/Mixing Jug

Salt/Pepper Shakers

Teapot

Storage

Oil & Vinegar Set

Utensil Jar

Pitcher/Jug

Mini Cocottes are available in:

Le Creuset stoneware is available in a wide range of styles visit **LeCreuset.com** to see the products and colours available in your country

LE CREUSET

CHICKEN POT
PIES

MINI LEEK GRATINS
WITH CREAM AND MUSTARD

MINI CHERRY TOMATO
TATINS

WILD MUSHROOM
RISOTTO

MINI ONION
SOUP

MINI SPINACH
SOUFFLÉS

SWEET POTATO
PECAN CRUMBLES

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WITH GOAT CHEESE, BASIL PISTOU AND PINE NUTS

MACARONI AND FOUR CHEESE
GRATINS

CODDLED EGGS
WITH SMOKED HAM AND GINGERBREAD SOLDIERS

CHICKEN POT PIES

- 2 chicken breasts
- 90 g unsalted butter - 1 stick sweet butter
- 2 small carrots
- 100 g - 3/4 cup pearl onions
- 400 ml - 2 cups chicken stock
- 25 g plain - 2 tbsps all purpose flour
- 100 ml single cream - 1/2 cup half and half
- 100 g - 3/4 cup of peas
- 1 tsp parsley chopped fine
- 1 pack frozen puff pastry dough
- 1 egg yolk beaten with 1 tsp of milk
- Salt and freshly ground pepper

Preheat the oven to 180°C/350°F

Put the chicken breasts on a baking sheet covered with parchment paper and baste with 10 g / ¼ stick of softened butter. Season generously. Bake for 20 minutes. When the chicken is cooked through, cut it into large chunks.

Peel the carrots and cut them into small cubes. Peel the pearl onions. In a small saucepan, bring the chicken stock to the boil then set aside.

In a large casserole: melt the remaining butter. Cook the pearl onions for 10 to 15 minutes slowly over a low flame, until they are translucent and caramelized. Add the flour and continue cooking for 2 minutes stirring continuously. Add the hot chicken stock. Let it simmer for 1 minute until the sauce begins to thicken and loses the taste of flour. Add the single cream, ½ teaspoon of salt and ½ teaspoon of ground pepper, the chunks of chicken, the diced carrots, the peas, and the parsley. Give it a good stir.

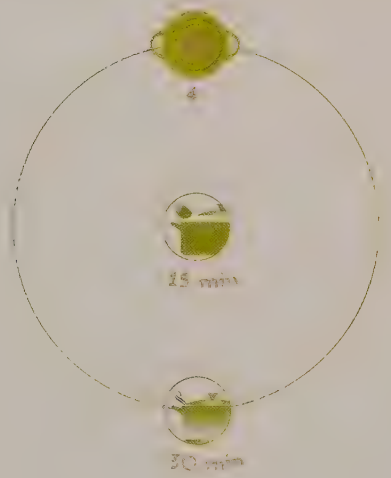
Increase the oven temperature to 200°C/400°F.

Divide the mixture into 4 mini cocottes. Cut 4 circles of pastry slightly larger than the mini cocottes. Moisten the edges of the cocottes with the egg yolk mix. Place one circle on each filled cocotte, pressing down around the edges to seal the pastry circle. Cut a small hole in the centre to make a steam vent.

With a pastry brush, coat the tops with egg yolk mix. Bake for 15—20 minutes or until golden brown.

Replace the green peas with 100 g / ¾ cup of fresh asparagus tips cut into 1 inch chunks, and you have a gourmet variation on this classic dish!

MINI LEEK GRATINS WITH CREAM AND MUSTARD



- **4 x 3 cm- 1.5 inch** diameter leeks
- **200 ml - 3/4 cup** chicken stock
- **200 ml** whipping cream - **3/4 cup** heavy cream
- **1 tbsp** wholegrain mustard
- **S**alt and peper

Preheat the oven to 190°C / 350°F.

Wash the leeks. Use only the white part (keep the green part for a vegetable soup). Cut the white stalks in half and carefully rinse with cold running water, removing all trace of sand or earth. Cut each stalk into 5 pieces.

Bring the chicken stock to a boil then let it cool. Whisk in the cream and mustard.

Par-boil the leeks for 3 minutes in salted water. Stop the cooking by rinsing them under cold water.

Divide the leeks between 4 ramekin cocottes. Pour several spoonfuls of the mustard and cream mixture over the top of each one. Bake for 20 minutes. Serve hot and bubbly!

Turnip fans - Replace the [illegible] of peeled turnips. Cut them into [illegible] 10 [illegible] Continue as with leeks.

MINI CHERRY TOMATO TATINS

- 500 g - 1 ¼ lb of ripe cherry tomatoes
- 2 tbsps olive oil
- 2 garlic cloves, finely chopped
- 14 g - 1 tbsp of sugar
- 1 sheet of pre-rolled puff pastry
- "Fleur de sel" and freshly ground pepper

Preheat the oven to 190°C/350°F.

Thaw the puff pastry.

Rinse the cherry tomatoes and pat dry.

Heat the oil in a large frying pan. Add the garlic, the cherry tomatoes and the sugar. Cook over a low flame for 5 minutes (not longer or the tomatoes will burst). Divide both the tomatoes and their juice between 4 mini cocottes.

Bake for 20-25 minutes on a baking sheet covered with aluminium foil.

a small plate.

Season with salt and pepper and serve immediately.

WILD MUSHROOM RISOTTO

- **250 g - 1/2 lb** wild mushrooms (or a combination of fresh shitake and portobello)
- **1 L - 4 cups** chicken stock
- **3 tbsp** of olive oil
- **1** small onion finely chopped
- **2** cloves of garlic finely chopped
- **250 g** Arborio or Carnaroli risotto rice
- **100 ml - 1/2 cup** dry white wine
- **1 tbsps** chopped lemon thyme
- **2 tbsps** chopped parsley
- **10 g - 1 tbsp** of melted butter
- **50 g - 4 oz** Parmesan cheese
- **T**ruffle oil and chopped parsley for the decoration

Carefully wash the mushrooms. Separate the caps from the stems. Slice the caps into large chunks of more or less the same size. Finely chop the stems. Peel and finely chop the onion and garlic.

Heat the chicken stock over a low flame.

Heat 1 tablespoon of olive oil. Add half of the onion and garlic. Slowly cook until translucent. Almost 5 minutes. Add the mushrooms, herbs and butter. Sauté the mushrooms for 3-5 minutes until they lose their juices and brown slightly. Add salt and pepper and let them continue to cook for another minute and remove from heat.

Heat 2 tablespoons of olive oil in a large pan. Add the other half of the onion and garlic. Add the rice and continue stirring for one minute until the rice becomes translucent. Add the wine and reduce it almost entirely. Add one ladle full of the hot stock. Continue to cook, uncovered, never ceasing to stir, until the rice has fully absorbed the liquid. Little by little add the rest of the stock, leaving time for the rice to absorb the stock. Pay strict attention to the time. In twenty minutes the rice should be both "al dente" and creamy.

The wild mushroom season is short. For the rest of the year use dried mushrooms: ceps or boletus edulis, morels and chanterelles. Soaked in a cup(s) of hot water for 15 min. Don't throw out the water, strain it and add it to the stock for the risotto.

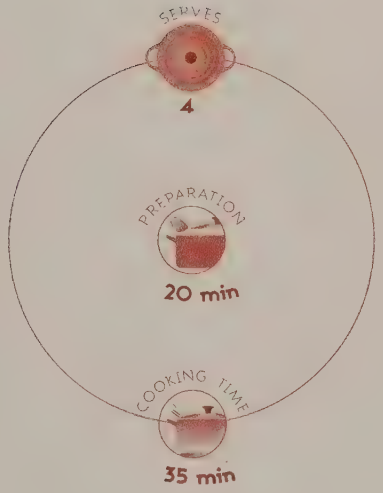
At the end of cooking, add the grated parmesan and the sautée mushrooms. And don't skimp on the parmigiano reggiano. Get the real thing and grate it yourself.

Continue cooking for a brief moment to melt the cheese.

Last touch : Add several drops of truffle oil and finely chopped parsley.

Pass 4 mini cocottes under hot water and quickly dry them. Place a portion of hot risotto in each, and serve immediately.

MINI ONION SOUP



- 3 medium onions
- 70 g - 3/4 stick butter
- 500 ml - 2 cups of beef stock
- 1 bay leaf and 3 sprigs of lemon thyme
- 4 thick slices of crusty bread
- 2 small onions
- 80 g - 3/4 cup Gruyere cheese
- 1/2 tsp ground black pepper
- 2 tsps white wine vinegar

Preheat the oven to 200°C/400°F.

Peel and chop the larger onions. Heat 30 g / ¼ stick of butter in a frying pan. Cook the onions over a low flame for 20 minutes, until they are translucent and caramelized. It is this slow caramelization that gives the soup its entire flavour. So don't rush it. Add the beef stock, the bay leaf, lemon thyme, black pepper and the white wine vinegar and let this simmer for 10 minutes. Divide the hot broth between 4 mini cocottes.

Cut the 4 slices of crusty bread into 4 "tops" slightly larger than the diameter of a cocotte. Peel and cut the 2 smaller onions in half. Make a small hole in the centre of the slices of bread and push half an onion into each.

Carefully pan fry in the remaining butter, each slice, onion side down until the onion is golden and caramelized.

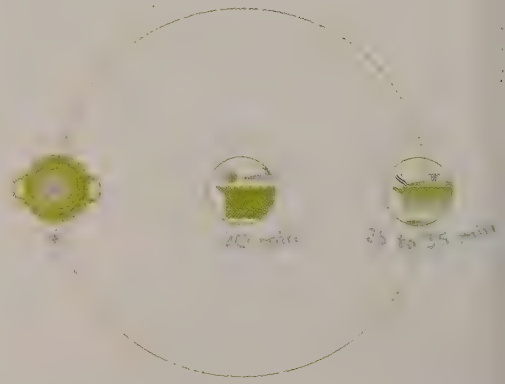
Place each "top" on its mini cocotte and sprinkle with grated cheese.

Bake for 5 minutes or until the cheese has melted and become a crusty golden brown. Serve immediately.

[illegible] case, prepare the broth ahead of time. Make the "tops" and warm up in the oven before serving. [illegible] even deeper, richer flavour.

MINI SPINACH SOUFFLÉS

- **90 g - 3½ oz** baby spinach leaves
- **30 g - ¼ stick** butter + a little extra to grease the cocottes
- **50 g** plain - **1/2 cup** all purpose flour
- **2** egg yolks whisked together
- **350 ml - 1½ cups** milk
- **70 g - 1/2 cup** freshly grated Parmesan cheese
- **3** large egg whites
- **Salt** and ground black pepper



Preheat the oven to 200°C/400°F.

Rub some butter on the inside of 4 mini cocottes.

Wash and dry the baby spinach carefully. Mix in a blender and set aside.

Prepare the béchamel:

Melt the butter in a saucepan, stir in the flour, add the milk and stir continuously until boiling and thickened. Allow the béchamel to cool slightly and beat in the whisked egg yolks. Stir in the spinach and half the grated cheese. Set aside and let the mixture cool.

In a large mixing bowl, whisk the egg whites with a pinch of salt, until they form rigid peaks. Fold in carefully, [illegible] so that it is well distributed. Don't over stir.

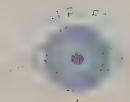
Fill each mini cocotte 3/4 full. Sprinkle the rest of the grated parmesan on top. Run your little finger around the rim of each soufflé to clear residue. This will "encourage" the soufflés to rise and expand vertically from the top of the cocotte.

[illegible] until the tops are golden brown.

[illegible]

[illegible] delicious crusty bits. Fresh Baby [illegible] larger spinach leaves, and don't need to be parboiled.

SWEET POTATO PECAN CRUMBLES



4

15 min

45 min

- 500 g - 1 ¼ lb sweet potatoes
- 50 g plain - 1/4 cup all purpose flour
- 25 g - 2 tbsps dark brown sugar
- 1/2 tsp all spice
- 50 g - 1/2 stick butter, well chilled and cut into small cubes
- 50 g pecan nuts
- 50 ml - 3 tbsps maple syrup

Preheat the oven to 180°C/350°F.

Lightly butter 4 mini cocottes.

In a medium sized mixing bowl, add the sugar and spices to the flour. With your finger tips, swiftly work the cold butter into the dry ingredients. It should look like fine bread crumbs. Careful! Proceed quickly. If your ingredients become too warm, put the bowl immediately into the refrigerator for 15 minutes until all is very well chilled and begin again.

Peel the sweet potatoes and cut them diagonally into 1cm slices. Divide half of the sweet potatoes between the 4 mini cocottes. Sprinkle each with half of the "crumble" mixture. Layer the rest of the sweet potatoes slices with the remaining "crumble". Scatter the pecans and moisten each with the maple syrup.

Cover with the mini cocotte lid and bake alongside your roast for 45 minutes. Remove the lid after 30 minutes. Serve piping hot.

An excellent accompaniment to roast chicken or pork loin.

ARTICHOKES "A LA PROVENÇALE"

- **20** baby artichokes or 4 large ones
- **2** shallots
- **5** garlic cloves
- **6 tbsps** olive oil
- **Z**est and juice of one lemon
- **300 ml / 3/4 cup** of dry white wine
- **2 tbsps** thyme or lemon thyme
- **S**alt and pepper

Preheat oven to 180°C/350°F.

Cut off the stems of the baby artichokes leaving about an inch. Peel the remaining stems, removing the fibrous threads. Remove the tough outer leaves and cut the artichokes by 3/4, removing the tops of the leaves as well. Cut in half and remove the choke. Cut into 4 pieces if you are using larger artichokes.

Peel and finely chop the shallots and garlic. In a small pan, gently cook together over a low flame, in the olive oil until they are translucent and caramelized. Add the artichokes, the lemon juice and cook uncovered for 10 minutes.

Add the white wine, the lemon zest and the thyme. Reduce the liquids for another 10 minutes to a syrup consistency.

Divide between 4 mini cocottes and bake with the lid on, for 20 minutes.

Salt and pepper to taste and serve immediately.

These are the perfect vegetable to accompany a baked sea bass.

CHICKEN TAGINES
WITH APRICOTS, FIGS AND ALMONDS

- **500 g - 1 lb** boneless, skinless chicken breast cut into bite size pieces
- **6 tbsps** olive oil
- **J**uice of 2 lemons
- **1 tbsp** chopped fresh coriander
- **1 tbsp** chopped fresh parsley
- **1 tbsp**
- **1 tbsp** grated ginger
- **1** pinch saffron
- **1** onion
- **1** clove garlic
- **2 tbsps** honey
- **4** dried apricots
- **4** dried figs
- **28 g - 2 tbsps** golden raisins or dried currants
- **20 g - 2 tbsps**
- **100 ml - 1/2 cup** water

The night before, in a large bowl, coat the chicken pieces with a marinade of 4 tablespoons olive oil, the juice of one lemon, the grated ginger, the chopped onion and garlic, as well as the chopped coriander, parsley and mint. Add the saffron. Toss until well coated. Cover and place in an airtight container, in the refrigerator, until the following day.

The next day:

Preheat the oven to 200°C/400°F.

Strain the chicken and set aside the remaining marinade.

Heat 2 tablespoons of olive oil in a large frying pan. Brown the chicken carefully on all sides over a low flame. Add the reserved marinade, honey, the apricots, figs, raisins, almonds and water. Let it simmer covered for 5 minutes.

Divide the cooked chicken among the cocottes. Bake with the lid on for an additional 10 minutes.

Serve immediately.

SCRAMBLED EGGS WITH HERBS, SALMON AND CREAM CHEESE

4

10 min

20 min

- 8 large eggs
- 8 slices of French baguette or brioche
- 1 onion chopped
- 4 pieces of thinly sliced smoked salmon, cut into long ribbons
- 3 tbsps of milk
- 4 tbsps of mixed chopped herbs,
- 50 g - 1/2 stick butter
- 150 g - 4 oz cream cheese
- Salt and freshly ground pepper

Preheat 4 mini-cocottes in a 150°C/300°F oven for 15 minutes.

Toast 8 slices of brioche/French baguette. Cut 8 circles, the same diameter as a cocotte from the heart of each slice.

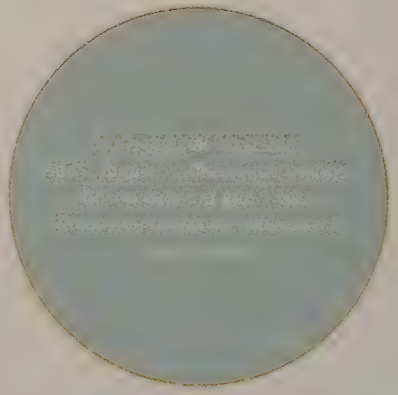
Put a toasted circle in each cocotte. Reserve the other four circles for the tops.

In a mixing bowl, whisk the eggs with the milk and 2 tablespoons of the chopped herbs.

Melt the butter in a medium sized frying pan over a low flame. Add the chopped onion and cook until transparent and caramelized, almost 15 minutes. Add the egg mixture and the cream cheese. Cook for 4 minutes, stirring from time to time. Add the ribbons of smoked salmon and cook without stirring for 1 more minute. The eggs should be cooked but still look moist. Season with salt and pepper to taste.

Divide the scrambled eggs between the four mini cocottes. Scatter with the remaining chopped herbs and top with the last 4 circles of toasted brioche / French baguette.

Serve immediately.



LITTLE SWISS COCOTTES

Fondue:
- **300 g - 1/2 lb** Fontina cheese
- **300 g - 1/2 lb** Swiss Gruyere cheese
- **2** cloves of garlic
- **14 g** cornflour **- 1 tsp** cornstarch
- **1** pinch of bicarbonate of soda or baking soda
- **250 ml - 1 cup** of dry white wine
- **F**reshly ground pepper

Vegetables:
- **B**roccoli
- **C**auliflower
- **C**arrot sticks
- **F**ennel
- **J**uice of 1 lemon

Equipment:
- **F**ondue forks or bamboo skewers

Preheat the oven to 180°C/350°F.

Peel the cloves of garlic and rub them on the insides of 4 mini cocottes.

Place the mini cocottes on a baking sheet and pop them into the oven.

During this time, cut the rind off the cheese and cut into tiny cubes.

Sprinkle the cornflour/cornstarch over the cheese. Mix the bicarbonate of soda/baking soda with one teaspoon of hot water in a small glass. Put to one side.

Parboil the vegetables in small quantities for 1 minute in salted boiling water. Douse the fennel with a bit of lemon juice immediately after cooking to keep it from turning brown. Keep the vegetables in a warm place while you prepare the fondue.

In a pan, melt the cheese with the white wine, stirring without stopping with a wooden spoon. At the last minute, when everything has melted, add the baking soda. Give it a good stir quickly as it will make the fondue foam up. Take the pan off the heat.

Divide the fondue into the oven-hot mini cocottes. Add one pinch of freshly ground pepper and serve immediately with the warm vegetables.

One dish: two cheeses.
Cheese doesn't like a high heat so don't be tempted to up the flame to cut down on cooking time.
The Swiss don't drink cold liquids with their fondues. They swear by hot tea!

LITTLE THAI COCOTTES

- **24** peeled prawns or shrimp
- **12** ears of baby corn
- **6** white button mushrooms
- **2** cloves of garlic
- **200 g - 1** small can of coconut milk
- **400 ml - 2 cups** of chicken stock
- **2 stalks** of fresh lemongrass (10 if you are using 8 as skewers)
- **4** kaffir lime leaves (available in Asian specialty stores)
- Juice of 1 lime
- **1 tbsp** of grated ginger
- **1** tiny red thai chili, seeds removed
- Fresh coriander leaves

Equipment:

- Fondue forks or bamboo skewers

Carefully thread 3 prawns onto 8 small bamboo skewers (cut them if they are too long).

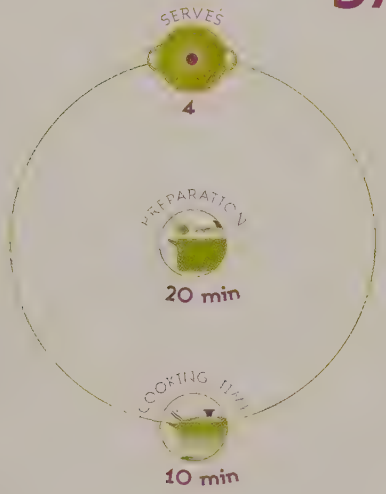
Cut the baby corn in half length-wise. Cut the mushrooms into thin slices. Finely chop the peeled garlic cloves and lemongrass.

Place all of the ingredients in a large pan (except the skewered prawns and the coriander leaves).

Bring to boiling point and simmer for 10 minutes. Add the skewered prawns at the last minute of cooking.

Divide the soup between 4 mini cocottes. Place 2 prawn skewers in each. Add several fresh coriander leaves and serve piping hot!

RAVIOLI GRATINS WITH GOAT CHEESE, BASIL PISTOU AND PINE NUTS



- 100 g - 3/4 cup crumbly fresh goat cheese
- 2 bunches of fresh basil
- 4 cloves of garlic
- Several drops of olive oil
- 55 g butter - 1/4 stick sweet butter
- 200 ml double cream - 3/4 cup cream
- 200 g - 1/2 lb of fresh cheese ravioli
- 50 g - 1/2 cup pine nuts
- 4 tbsps of grated parmesan cheese
- Pine nuts and fresh basil leaves for decoration

Prepare the basil pistou: Rinse the basil leaves under cold water. Gently dry in a clean kitchen towel. Peel the garlic and take out the inner germ. With a small mixer, mix the garlic with the basil and a few drops of olive oil.

Precook the ravioli for one minute in salted boiling water, taking care to drain them well. Add several drops of olive oil to coat them and prevent them from sticking together.

Preheat the oven to 200°C/400°F.

Lightly butter 4 mini cocottes.

Add to each, a layer of ravioli, a spoonful of crumbled goat cheese and one of the basil pistou. Add one teaspoon of pine nuts and continue with another layer of ravioli, one tablespoon of cream, one of goat cheese and a last one of pistou. End with a layer of ravioli, a tablespoon of cream and a generous amount of grated parmesan.

Bake, uncovered, for about 10 minutes until the tops look crunchy and a deep golden brown.

Just before serving, add several fresh, roughly chopped basil leaves and a teaspoon of pine nuts scattered on top.

For the mini gourmet touch: add thin strips of roasted red pepper along with 1 tablespoon of their cooking juices to each mini cocotte.

MACARONI AND FOUR CHEESE GRATINS

- **450 g - 4 cups** Macaroni
- **20 g** butter **- 1/4 stick** sweet butter + a little to grease the cocottes
- **150 g** whipping cream **- 1/2 cup** heavy cream
- **50 g - 2 oz** Gorgonzola cheese
- **50 g - 2 oz** Fontina cheese
- **100 g - 1/2 cup** Marscarpone cheese
- **50 g - 2 oz** parmesan cheese
- **50 g - 2 oz** chopped walnuts
- **S**alt and freshly ground pepper

Preheat the oven to 220°C/430°F. Lightly butter 4 mini cocottes.

Part cook the macaroni in salted boiling water for 3-4 minutes. They should not be cooked through. Pass the pasta under cold running water to stop them cooking. Add several drops of vegetable oil to keep it from sticking together.

Melt the butter in a small pan over a low flame. Add the cream, the Gorgonzola, the Fontina, the Marscarpone and the Parmesan (reserving 2 tablespoons of parmesan cheese for the top). Stir the cheese until all are melted. Add salt and freshly ground pepper to taste. Add the chopped walnuts.

Add the cooked pasta to the sauce and divide into 4 mini-cocottes. Sprinkle the rest of the Parmesan over each cocotte. Bake for 10 to 15 minutes or until the tops are golden brown and a crust forms. On taking them out of the oven, let them rest for 5 minutes before serving.

Cheese with higher fat content melt better than those that with a lower one. So combine your favourites : creamy Fontina, Gorgonzola, buffalo mozzarella, parmesan. A mini cocotte offers the perfect portion of this rich but delicious favourite.

CODDLED EGGS
WITH SMOKED HAM AND GINGERBREAD SOLDIERS

- **4** large eggs
- **4** slices of brioche or French Baguette
- **4** slices of pain d'épices or spiced bread
- **4 tbsps** sour cream
- **40 g - 1 oz** smoked ham cut into small cubes
- "Fleur de sel" or "Maldon Sea Salt" and freshly ground pepper

Preheat the oven to 180°C/350°F.

Lightly butter 4 mini cocottes.

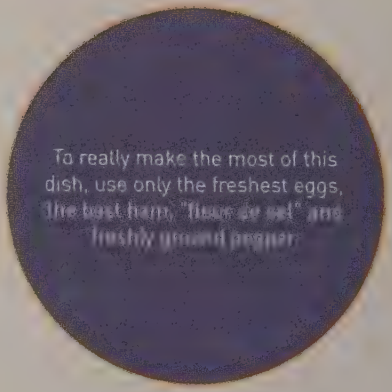
Cut 4 circles of brioche slightly smaller than the diameter of a mini cocotte (about 8.5cm). Cut little thin sticks of pain d'épices : 8.5cm by 1cm and lightly toast them in the oven on a baking sheet with the circles of brioche. Both burn easily so keep your eye on them.

Place one toasted circle of brioche in each cocotte.

Break two eggs on top of each brioche. Put 1 tablespoon of sour cream in each cocotte.

Place the four filled cocottes into a shallow baking pan. Pour boiling water in the pan to make a "bain-marie". Bake, uncovered, for 15 minutes (18 minutes if you prefer your eggs well-cooked) or until the white is firm.

Cut the smoked ham into small cubes and scatter on the baked eggs with a pinch of "fleur de sel" and one of freshly ground pepper. Serve immediately with the toasted pain d'épices sticks.



CINNAMON APPLES

CHOCOLATE WITH MOLTEN HEARTS

CHERRY CLAFOUTIS

PEAR PUDDINGS

PEACH CRUMBLES

DELICATE PUDDINGS

LITTLE FLANS

LEMON CUSTARDS

UPSIDE DOWN TARTS

FROZEN SOUFFLÉS

CINNAMON APPLES

- **4** Golden Delicious apples
- **50 g - 1/4 cup** light brown sugar
- **1/2 tsp** of ground cinnamon
- **1/2 tsp** of ground nutmeg
- **50 g** butter - **1/2 stick** sweet butter cut into little cubes
- **200 ml - 3/4 cup** maple syrup

Preheat oven to 180°C/350°F. Lightly butter 4 mini cocottes.

Wash the apples. Cut the tops off of each apple. With an apple corer, take out the woody center and set an apple in each cocotte on a baking sheet covered with aluminium foil.

Mix the brown sugar with the cinnamon and the nutmeg. Fill the apples using one tablespoon of the cinnamon sugar. Reserve the rest. Sprinkle half of the butter cubes over the apples, put their tops back on and place in the oven for 35 minutes, uncovered.

While the apples are in the oven, melt the remaining butter in a small pan and add the remaining cinnamon, nutmeg and sugar as well as the maple syrup. Reduce this by half.

When the apples have finished baking, add a spoonful of the reduced syrup and serve immediately.

In other seasons, try other fruits. Peaches, ripe and juicy, are wonderful! Leaving them whole, peel the peaches by plunging into boiling water for 2 min. No need to take the stone out. Melt 70 ml / ¼ cup of apricot preserves Proceed as with the apples, baking the peaches for 35 min. Baste each peach several times with the melted preserves.

CHOCOLATE COCOTTES WITH MOLTEN HEARTS

- **180 g** dark - **6 oz** bittersweet chocolate
- **160 g - 1 ½ sticks** butter
- **4** medium eggs
- **90 g - 1/2 cup** sugar
- **90 g** plain - **1 cup** all purpose flour
- **Zest** of 1 orange

Preheat oven to 200°C/400°F.

Butter and flour 4 mini cocottes, tapping out any excess flour.

Place a bowl over a saucepan of boiled water and melt the chocolate and butter together. Stir until well blended, then let cool to room temperature.

In a large bowl, whisk the eggs together, then beat in the sugar a tablespoon at a time. Continue beating until the eggs have tripled in volume, and are pale yellow. This may take upwards of 15 minutes, 4 minutes with an electric whisk.

Fold the beaten eggs into the chocolate and gently blend the two.

Sprinkle the flour into the cooled chocolate mixture, little by little and continue mixing until well blended.

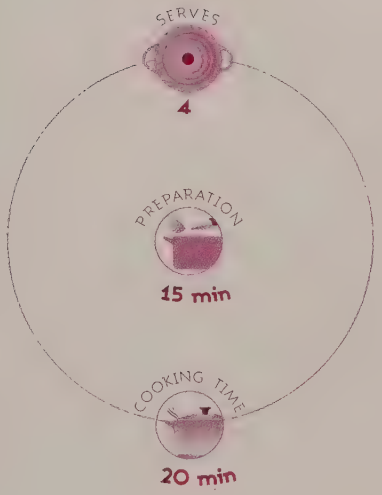
Add the orange zest. Save a few strands for decoration. Divide the batter into the four prepared cocottes and place, uncovered, in the oven on a baking sheet.

Bake for 12-15 minutes. When done, the batter will have risen. When you move the baking sheet slightly, there will be no movement in the centre.

Dust the tops with powdered cocoa and garnish with reserved orange zest. Serve immediatly.

Use only the best quality [illegible] chocolate. 65% cocoa works brilliantly.

CHERRY RASPBERRY CLAFOUTIS



- 200 g - 1½ cups stoned cherries
- 100 g - ¾ cup raspberries
- 50 g plain - ½ cup all purpose flour
- 3 medium eggs
- 100 g icing - 3/4cup powdered sugar
- 1/2 tsp baking powder
- 1 pinch of salt
- 250 ml whipping cream - 1 cup heavy cream
- Icing - powdered sugar for decoration
- Butter to grease the cocottes

Preheat oven to 200°C/400°F.

Lightly butter 4 mini cocottes.

Clafoutis batter: combine flour, sugar, eggs, baking powder and salt. Add the cream and mix well.

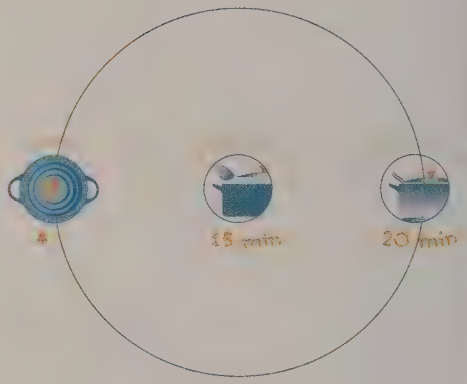
Divide the fruits between the 4 mini cocottes and place on a baking sheet. Add a small ladleful of the batter to each. Bake for 5 minutes. Add the rest of the batter to each cocotte and continue baking for another 20-25 minutes until puffed up and tops are a deep golden brown.

Let cool to room temperature. Dust with sugar before serving.

Cinnamon lovers, discover the subtle association between cinnamon and all red berries. Add a pinch of cinnamon to the clafoutis batter and voilà !

PEAR BREAD PUDDINGS

- **3** ripe pears (thin skinned comice are best)
- Zest and juice of one lemon
- **12 x 1 cm** half inch slices of brioche
- **400 ml - 1¾ cups** milk
- **50 g - 1/4 cup** sugar
- **1** vanilla pod
- **3** eggs
- Icing - powdered sugar for decoration
- Butter to grease the cocottes



Preheat the oven to 190°C/375°F.

Lightly butter 4 mini cocottes.

Wash and dry the pears. Peel 2 of them, reserving the third. Cut the peeled pears in two and remove the woody center. Slice the halves into long thin pieces. Sprinkle lemon juice over the slices to keep them from turning brown.

Cut 12 circles of brioche, the same diameter as the mini-cocotte. If you don't have a cookie cutter that size, try scissors.

In a small pan, heat the milk. Add the sugar and vanilla pod (split in half), stirring until the sugar has completely dissolved. Take it off the flame and let it rest for 10 minutes. Remove the vanilla pod.

In a mixing bowl, beat the eggs. Pour in the cooled milk, little by little. Add the lemon zest. Put one circle of brioche in the bottom of each cocotte. Cover with a large spoonful of the batter. Place a layer of sliced pears. Continue layering: brioche, batter, pear, ending with brioche bread until you have reached the top.

Cut the last unpeeled pear in long thin slices and place these carefully on the top circle of brioche. A last spoonful of the batter, and they are ready for the oven.

Bake for 20-25 minutes, uncovered.

Dust icing sugar over each cocotte and serve immediately.

Why not try the unusual but delicious addition of star anise to this dessert? 3 pods [illegible] of one star anise is quite enough to perfume the heating milk mixture. Take the pods out before mixing the milk with the eggs.

SWEET COCOTTES p. 46

PEACH CRUMBLES

- **6** ripe peaches (about 2 lbs)
- **225 g - 1 cup** sugar
- **Z**est and juice of 1 lemon
- **1/4 tsp** of ground cinnamon
- **110 g** plain - **1 cup** all purpose flour
- **100 g - 1 stick** butter (very cold and cut into little cubes)
- **50 g - 1/3 cup** walnuts

Preheat oven to 190°C/375°F.

Lightly butter 4 mini cocottes.

Prepare the peaches. To remove the skin, plunge the peaches into a pan of boiling water, one by one, for 2 minutes.

Take them out with a slotted spoon, peel them, sprinkle a few drops of lemon juice over each one and let cool. Cut into generous chunks. Mix with half of the sugar, the lemon zest, and the cinnamon.

Mix the remaining sugar, with the flour and the little cubes of chilled butter. With your finger tips, quickly mix the 3 ingredients together. It should look like rough bread crumbs. If your mixture is too warm, put the bowl into the refrigerator for 15 minutes. Start again when all is well chilled.

Chop the nuts and add them to the topping mixture. Fill 4 mini cocottes with the fruit and add the topping to each.

Place the mini cocottes on a baking sheet covered with aluminium foil as peaches are very juicy!

Bake for 20 minutes, uncovered.

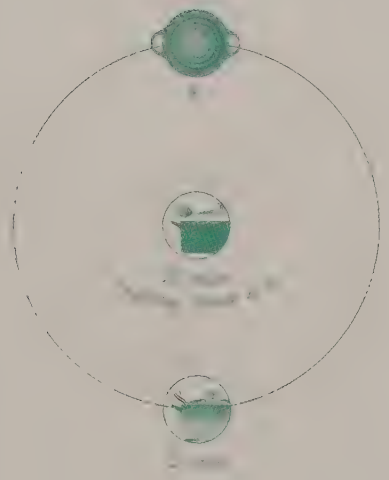
Serve these hot out of the oven or room temperature.

apricots, plums, anything ripe,

bags.

SWEET COCOTTES p.50

DELICATE ALMOND MILK PUDDINGS



- **700 ml - 3 cups** almond milk
- **15 g - 1 tbsp** gelatin (or 1 tsp agar-agar)
- **100 ml** single cream **- 1/2 cup** half and half
- **30 g - 1/2 cup** sugar
- **2 tsps** orange flower water or rose water (available in specialist ethnic supermarkets)
- **A** pinch of salt
- **Z**est of 1 lemon
- **B**lanched whole almonds and ground cinnamon for decoration

Soften gelatin in 80 ml / ½ cup of almond milk. Heat until boiling, stirring constantly, until the gelatin (or agar agar) has completely dissolved (5 minutes). Add the rest of the almond milk and the sugar, and bring it again to a boil. Take it off the heat and add the cream, orange flower water and the salt.

Let cool to room temperature. Fill 4 mini cocottes. Cover and let "set" in the refrigerator for at least four hours.

Before serving, add a blanched almond, a bit of lemon zest and a pinch of cinnamon.

If you use agar-agar for this recipe, 1 teaspoon should be [illegible] for the summer months, as it sets at room temperature. Orange flower water is available in ethnic groceries or specialty shops.

SWEET COCOTTES p.52

LITTLE COCONUT FLANS

- **60 g - 3/4 cup** freshly grated coconut
- **400 ml - 1¾ cups** skimmed milk
- **1** vanilla pod
- **4** large eggs
- **50 g - 1/4 cup** caster sugar
- **100 ml - 1/2 cup** coconut cream
- **50 g - 1/2 cup** coconut ribbons for decoration

Preheat the oven to 190°C/375°F.

Spread the coconut ribbons on a baking sheet covered with parchment paper. Bake for about 10 minutes or until golden brown.

Split a vanilla pod in two and remove the seeds for use. In a medium sized pan, bring to boiling point the skimmed milk and the vanilla seeds. Remove from heat and set aside to cool.

In a large mixing bowl, whisk together the egg with the sugar until the mixture is pale yellow (about 4 minutes). Add the cooled milk little by little to the eggs and sugar.

Add the grated coconut and the coconut cream.

Divide the preparation between four mini cocottes. Pour 3cm of boiling water in a deep sided baking pan to make a bain marie. Put the cocottes in the pan and bake uncovered for 50 minutes. Sprinkle with the toasted coconut ribbons and serve slightly cooled but still warm.

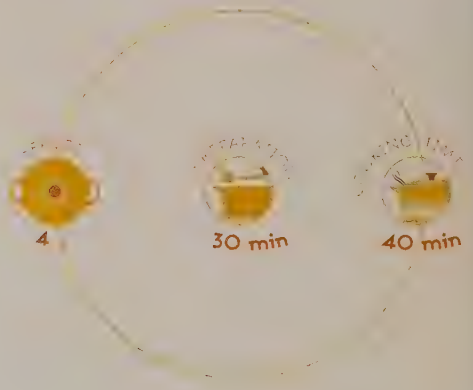
While toasting ribbon coconut in [illegible] of it. Coconut goes from "toasted" to "burnt" in seconds.

SWEET COCOTTES p.54

LEMON MERINGUE CUSTARDS

Custard:
- 3 medium eggs separated
- 350 ml - 1½ cups milk
- 70 g - 1/3 cup sugar
- 20 g plain - 1/4 cup all purpose flour
- 20 g - 1/4 stick melted butter
- Zest of 2 lemons
- Juice of 2 lemons

Meringue topping:
- 3 egg whites
- 100g - 3/4 cup icing or powdered sugar
- 2 pinches of salt



Preheat the oven to 190°C/375°F.

Lightly butter 4 mini cocottes.

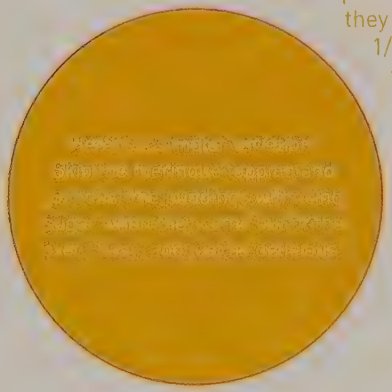
Gently heat the milk to its boiling point. Take it off the heat and let it cool for several minutes.

Carefully separate the yolks from the whites into two large mixing bowls. Put aside the whites for the moment. Whisk the yolks vigorously with the sugar, flour, melted butter, lemon zest and the lemon juice. Add the cooled milk little by little, without ceasing to stir.

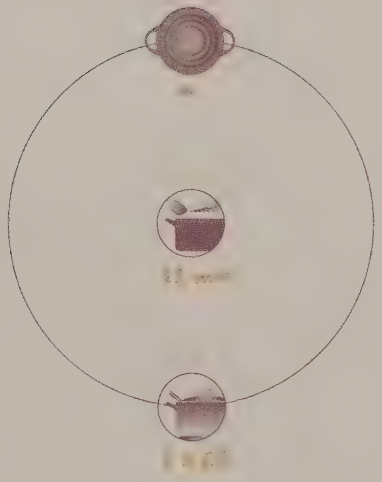
Whisk the egg whites with a pinch of salt, until peaks form, then fold into the lemon-yolk mixture.

Fill each mini cocotte 2/3 full. Place on a baking sheet and bake for 32-35 minutes, uncovered or until the top is a golden brown.

Prepare the meringue topping: whisk the 3 egg whites with a pinch of salt until they form stiff peaks. Add little by little, the icing sugar. Fill a piping bag 1/2 full and pipe the topping onto each cocotte. Reduce the oven temperature to 180°C/350°F and bake for an additional 10-15 minutes or until a lovely golden brown. Serve immediately.



UPSIDE DOWN PLUM TARTS



- **700g - 1½ lb** stoned plums
- **50 g - 1/2 stick** of butter
- **50 g - 1/4 cup** light brown sugar
- Juice of one lemon
- **75 g - 1/2 cup** chopped hazelnuts
- **1** pre-rolled puff pastry sheet

Preheat the oven to 200°C/400°F.

Lightly butter 4 mini cocottes.

Melt the butter in a large frying pan. Sprinkle the sugar over the entire surface and add the pitted plums. Add the lemon juice. Let cook for 35 minutes over a low flame. Add the chopped hazelnuts.

Divide the fruit into the 4 cocottes.

Cut 4 circles of pastry slightly larger than a mini cocotte.

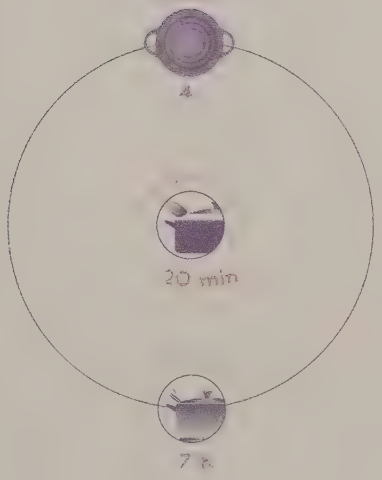
Cover each fruit filled cocotte with one circle of pastry. Press down slightly around the edges, pushing the pastry into the top of the dish.

Put all 4 cocottes on a baking sheet covered with aluminium foil. Bake for 20-25 minutes.

Let these cool down completely before turning out the plum tarts onto individual dessert plates.

These also work well with dark damson plums. Add the zest and juice of an orange and replace the brown sugar with 1 tbsp of honey.

FROZEN ROSE SOUFFLES



- **6** egg yolks
- **140 g - 3/4 cup** sugar
- **70 ml - 1/3 cup** water
- **1** vanilla pod
- **2** drops of rose essence
- **400 ml** whipping cream **- 1¾ cups** heavy cream
- **140 ml - 1/3 cup** of rose water (available in specialist ethnic supermarkets)
- Sugar for decoration

Prepare 4 mini cocottes, lining each cocotte with a 3" diameter by 3" tall tube of baking paper.

In a large heatproof bowl, whip the egg yolks with the sugar and water.

Place this bowl over a saucepan of hot water (a bain-marie) and whisk without stopping until the mixture thickens (about 4 minutes). Split the vanilla pod in two and scrape the grains into the eggs. Keep mixing this batter until it is thicker and has cooled down. Add the two drops of rose essence.

In a second mixing bowl, beat the chilled whipping cream until it is thick and forms soft peaks.

Add the rose water to the whipped cream and fold into the egg yolk mixture. Spoon into each prepared mini cocotte making sure that there are no pockets of air. With a knife, flatten the tops, removing the excess. Put them into the freezer for at least one night before serving.

Peel away the baking paper, decorate with sugar and serve.

These can be prepared up to a week in advance. Make sure that you have room for all of those cocottes in your freezer.

SWEET COCOTTES p.60

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